

*Taylor Made Coaching*  
Your First Step to Lasting Change

## Post Session

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Taking a few minutes to reflect on your coaching session and note key takeaways can strengthen what you're learning and help keep you motivated. Give yourself 10-15 minutes to answer the questions if it feels helpful. Please **return the form 24 hours** before your next coaching session.

Date of coaching session:

Key insights, shifts, thoughts, or feelings from today's session:

How I will integrate these discoveries moving forward:

My action steps or commitments from today:

Before my next session, I will:

Other comments, thoughts, or reflections: